

Renee's Whole Wheat Pancakes

1 Cup Whole Wheat Flour
1 tsp baking soda
1 tsp baking powder
Dash of salt
¼ cup canola oil
2 eggs
1 tsp vanilla
1 cup buttermilk (I use 4 tablespoons of Saco powdered buttermilk and 1 cup water)

Mix all ingredients in a bowl. Cook in a non-stick pan or griddle on low-med heat.
1 batch should make approximately 12-14, 4-inch diameter pancakes.



FLT Servings: 1 4-inch Diameter Pancake = 1 grain